

Onward Transitions

(Young Adult Program)

CONTACT

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PROGRAM OUTLINE

Gender: Coeducational
Ages: 18 - 27
Grades: N/A
Enrollment: 8
Duration: 6 months
Founded: 2015



NATSAP Member
Since: 2016

Airport: Portland International Jetport (PWM)

We all share the same goal. Our final goal providing independent living support for emerging adults is for them to actually be establish and living on their own. But before that is fully accomplished, supported reality testing is a necessary first step. Onward Transitions' mission is to be that step.

Onward Transitions is a comprehensive, non-residential independent living service that supports young adults, ages 18-27 living independently in the neighborhood of their choice in Portland, Maine

Our Defining Components:

- **Integrated Therapy** – Individual, family and group therapy are handled in house by our therapists, who have the whole picture and communicate directly with all staff members, referral sources and families.
- **Owner Operated** – Tracy Bailey and Darrell Fraize live in the Pine House, prepare breakfast and dinner, provide coaching, therapy, visit members at their apartments and work sites, lead recreation activities and are available for drop-ins.
- **8-Member Cohort Group** – The small group in this “boutique” allows for intense focus by our staff, and identity formation by our members.
- **Resource-Rich Portland, Maine** – We chose this city for all that it has to offer: educationally, vocationally, recreationally, spiritually, not to mention the specialized support and interest groups and mini-communities here. Our members are enrolling in a vibrant city and all it has to offer. Not just a program.

Individualized Family Agreements – No cookie cutter contracts, phases or levels. Our members are beyond that. Treatment plans are individualized through the admissions process and team constructed with the emerging adult, family and our therapist prior to moving into their apartment in Portland.

Four Objectives

- Education,
- Work,
- Service,
- Personal Development
 - Health & Wellness
 - “Nesting”
 - Interpersonal
 - Nutrition/Cooking
 - Finances
 - Counseling/Coaching/Mentoring
 - Support Groups
 - Club/Social Groups
 - Other Personal Responsibilities

Individual Psychotherapy Available: Yes

Professional Affiliations: NATSAP-Full Member